

# STERLING COUNCIL ON AGING LIVING OUR STERLING YEARS TOGETHER



*NOVEMBER 2016 HAPPY THANKSGIVING*

## *TO ALL OUR VETERANS - THANK YOU FOR YOUR SERVICE*

Rick Voutour, our Veteran Service Officer, will have office hours at the Center on Nov 18th 8am—12 noon and every Friday starting December 2nd. Available anytime in Leominster.

### **COUNCIL ON AGING BOARD MEMBERS**

**Barbara Foster—Chair**

**Liz Pape— Treasurer**

**Sue Doucette— Secretary**

**Connie Cleary**

**Mary Higgins**

**Debra MacLennan**

**Charles Madden**

**Associates:**

**Kevin Beapre**

**Bob Bloom**

**Angela Richards**

### **Senior Center Staff**

**Director:** Veronica Buckley

**Outreach Coordinator:** Nickole Boardman

**Drivers:** Pam Dell, Lou Massa, Denis Coughlin,

Robert Protano, Gloria Rugg

### **COUNCIL ON AGING**

**36 Muddy Pond Rd PO Box 243**

**MONDAY - WEDNESDAY 8:00-4:00**

**THURSDAY 8:00—8:00**

**FRIDAY 8:00-12:30**

**OFFICE: 978-422-3032**

**FAX: 978-422-9916**

**Our mission is to maintain the health and well being of the Sterling seniors and to assist them with preserving their independence.**



## Senior Spotlight

I have been tasked with highlighting a senior in our community. Seemed like a simple request. We have so many active, vibrant, interesting individuals in our midst!

That is the conundrum. Our community is filled with distinctive 'golden agers'! One that comes to mind is the one we often see 'skulking about' with a camera around his neck!



Richard Maki hailed from Fitchburg...and Sterling was fortunate enough to have him settle amongst us! After he retired from educating our youth, it seems he had a penchant to educate himself in all things 'Community'. 'Dick' can be spotted at many of our town's board meetings...not necessarily as a voting member, but as an interested citizen. Richard's volunteerism is an admirable quality that we could all adopt! Often times his pictures and articles promoting our community can be viewed in our local papers.

He is also a vital member of our Sterling/Lancaster Cable company and represents the Town on our Cable Board. He always seems to be looking for the 'best' for Sterling! If one were to guess, his 'best views' come when he takes to the skies!!! When you see the bright yellow cub buzzing our new Center, Richard is more than likely in the pilot's seat! Hanging out at Sterling Airport could be among his favorite things! Travel, in general, is highlighted on his 'bucket list'!

Richard is definitely a 'senior' who gives little thought to aging. Retirement didn't mean anything more than getting busy and getting it done, on a different level, for this senior! Personally, I want to grow up to be like Richard and 'carry on'!

By Maureen Cranson

## Sterling Senior Center Open House a Great Success!

The Sterling Council on Aging Board extends a heartfelt thank you to everyone who attended our grand opening on Sunday, Oct 2nd. We appreciated your attendance and hope you enjoyed yourself. Our new center is a bright, welcoming environment with space that allows us to continue existing programming and expand to offer a variety of new, fun and informative activities and events.



**Daylight Savings  
Time ends 2am on  
Sunday  
November 6th.**

**If you need  
assistance with  
changing your bat-  
teries on your  
smoke detectors,  
call us at  
978 422 3032.**

### KNOW A GREAT SENIOR?

We are looking for Sterling Seniors to highlight in upcoming newsletters. Give Veronica your suggestions.

### SAVE THE DATE!

The Christmas Party sponsored by the Council on Aging will be held on Sunday December 11th at 1 pm.

### A BIG THANK YOU!

Thanks to all the seniors that made bean bags for the Houghton Elementary School! The kids were thrilled!

## NOVEMBER UPCOMING EVENTS

- Nov 1st 8:30 am** Men's Club. Inviting all men to enjoy coffee, home-baked goods and a lively discussion as we begin the formation of our men's club.
- Nov 2nd SHINE.** Have your insurance questions answered. By appointment.
- Nov 3rd 1pm** Movie Day. Popcorn served!
- Nov 3rd & Nov 17th, 5:30—6:30pm** Drop in to learn how to use the Medicare.gov website to choose your drug plan for 2017.
- Nov 3rd 10 am—12 noon** BP Clinic sponsored by Sterling EMS
- Nov 4th** Van trip to the Wall that Heals, a replica of the Vietnam Veterans Memorial, exhibited at Carter Park in Leominster. Call to reserve a seat.
- Nov 4th 12:30 pm** Volunteer recognition "Lunch and Learn." If you have volunteered in the past month, you will be receiving an invitation.
- Nov 5th 6:30 pm** Pitch Party sponsored by the Grange. All are welcome!
- Nov 7th 9am—12 noon** Julie from Fuel Assistance will be taking applications. Call for a list of necessary documents.
- Nov 10th 12:15pm** Birthday Cake. Celebrate your November birthday with us!
- Nov 16th 11:30 am.** Pizza & salad provided by River Terrace. Free! Reservations required.
- Nov 17th 12—2pm** Elder Keep Well Clinic. Medical and prescription questions answered by the VNA nurse. BP checks.
- Nov 17th 12:30 pm** Book Club featuring "The Magic Hour" by Kristen Hannah.
- Nov 18th 7:30—9:30 am** Pancake Breakfast sponsored by FOSS. \$2 per plate. All ages welcome.
- Nov 29th 12:30 pm** Trinity Big Band performance. Back by popular demand! Free! Refreshments served.

**Kevin Lowe and family are offering those seniors spending the holiday alone a complete Thanksgiving dinner.**

**For reservations call 978 422 3032**

**Dinner will be served  
Thanksgiving Day Nov 24th  
at 12 noon**





## Are you interested in . . .

### Calling All Men!

Tuesday Nov 1st at 8:30am

Several have expressed an interest in the formation of a Men's Club. Join us to discuss plans. Coffee and baked items will be served.

### Opportunities at Our Center

- \* Do you enjoy journalism? Consider taking on our Senior Spotlight segment.
- \* How about Microsoft Publisher layout and design? We could use some help with our newsletter.
- \* Organization of pictures and archiving? We need to create photo albums, both digital and print.
- \* For these and other opportunities you may envision at our center, please contact our Volunteer Coordinator, Liz Pape at 978 422 8301 or email her at LizRPape@gmail.com

### Showcase your Cookies!

FOSS, Friends of the Sterling Seniors, is looking for cookie bakers for the Holiday Fair, December 10th.

### Which Exercise Class is Right for You . . .

Try Chair Pilates or Gentle Chair Yoga if you use a cane, walker or wheelchair.

Try Zumba, Mat Pilates or Yogalates if you want an active class to build strength and raise aerobic activity level.

Try Tai Chi, Oriol Exercise, Line Dancing or Strengthening Yoga if you can stand unaided and are interested in learning a new exercise.

Complete exercise brochure at the Center.

### HAPPY BIRTHDAY

Do you have a birthday in November? Come join us for cake after lunch on November 10th at 12:15. Call the day before and make lunch reservations or just come for cake.

### Worcester County Sheriff's Coat Drive

Bring in your gently used winter coats, hats, mittens, scarves and snow pants. All sizes accepted, but clean items only please. Help those in need!

### Houghton Elementary School Library Volunteers

Senior volunteers needed to help in the library for 1 hour shifts. Assist students to choose and check out books. Possibly read a story to the students. Contact Nickole at the Center.

### Handcraft Items Wanted!

Knitted goods and handcraft items needed for FOSS table at the Holiday Fair. Free yarn and comfy chairs drenched in afternoon sun here at the Center for your knitting pleasure!

### To All the Seniors:

First of all, let me say thank you for the warm welcome you have given me.

I wanted to share with you some of my hopes and dreams for our senior center as we move forward. I envision a center that truly meets the needs of all of our seniors. Our center should be full of life, bursting at the seams and spilling out into the community. We should let our mission guide our actions.

This is our center; this is your center. Be part of its growth and development. My door is open and I look forward to hearing from you.

Veronica

November Activity Calendar				
Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:00 - 4:00 Coffee/snacks 9:30-Line dancing 9:30-Open coloring 11:00-Chair pilates 11:30– Grilled Chicken 12:30—Game day	2 8:00 - 4:00 Coffee/snacks 9:00– Computer class 9:30-Gentle Chair yoga 11:30-Beef Stew 12:30-Van shopping trip 1:00- Wii Bowling  SHINE– Call for appt.	3 8:00 - 8:00 Coffee/snacks 9:00-Strengthening Yoga 10:00- Adv French class 11:30– Chicken Drumstick 2:00-Open Coloring 2:00-Mahjong 5:30-Yogalates	4 8:00 - 12:30 Coffee/snacks 9:00-Knitting and crocheting 9:30—Pilates 11:30– Lasagna CLOSED AT 12:30
7 8:00 - 4:00 Coffee /snacks 8:30– Tai Chi 9:30-Peer writing 10:00- Exercise 11:30-Beef & lentil chili 12:30-Zumba 2:00– BINGO \$1 a card	8 8:00 - 4:00 Coffee/snacks 9:30-Line dancing 9:30-Open coloring 11:00-Chair pilates 11:30-Roast Pork 12:30—Game day	9 8:00 - 4:00 Coffee/snacks 9:00– Computer class 9:30-Gentle Chair yoga 11:30-Chicken & Rice Casserole 12:30-Van shopping trip 1:00- Wii Bowling	10 8:00 - 8:00 Coffee/snacks 9:00-Strengthening Yoga 10:00- Adv French class 11:30–Rainbow Trout 12:15 Birthday Cake 2:00-Open Coloring 2:00-Mahjong 5:30-Yogalates	11       CLOSED VETERANS DAY
14 8:00 - 4:00 Coffee/ snacks	15 8:00 - 4:00 Coffee/snacks 9:30-Line dancing	16 8:00 - 4:00 Coffee/snacks 9:00– Computer class	17 8:00 - 8:00 Coffee/snacks 9:00-Strengthening Yoga	18 8:00 - 12:30 Coffee/snacks

8:30– Tai Chi 9:30-Peer writing 10:00- Exercise 11:30-Beef Wrap 12:30-Zumba 2:00– BINGO \$1 a card	9:30-Open coloring 11:00-Chair pilates 11:30-Chicken & White Bean chili 12:30—Game day	9:30-Gentle Chair yoga 11:30-Roast Turkey Dinner (High Sodium) 12:30-Van shopping trip 1:00- Wii Bowling	10:00- Adv French class 11:30– Chicken Picatta 2:00-Open Coloring 2:00-Mahjong 5:30-Yogalates	7:30 Pancakes 9:00-Knitting and crocheting 9:30—Pilates <b>NO LUNCH SERVED</b> <b>CLOSED AT 12:30</b>
21 8:00 - 4:00 Coffee/snacks 8:30– Tai Chi 9:30-Peer writing 10:00- Exercise 11:30-Pollock 12:30-Zumba 2:00– BINGO \$1 a card	22 8:00 - 4:00 Coffee/snacks 9:30-Line dancing 9:30-Open coloring 11:00-Chair pilates 11:30-Hot Dog 12:30—Game day	23 8:00 - 4:00 Coffee/snacks 9:00– Computer class 9:30-Gentle Chair yoga 11:30-Grilled Chicken 12:30-Van shopping trip 1:00- Wii Bowling	24       <b>HAPPY</b>       <b>THANKSGIVING</b>	25
28 8:00 - 4:00 -Coffee 8:30– Tai Chi 9:30-Peer writing 10:00- Exercise 11:30-Beef Bolognaise 12:30-Zumba 2:00– BINGO -\$1	29 8:00 - 4:00 Coffee/snacks 9:30-Line dancing 9:30-Open coloring 11:00-Chair pilates 11:30-Grilled Chicken 12:30—Game day	30 8:00 - 4:00 Coffee/snacks 9:00– Computer class 9:30-Gentle Chair yoga 11:30-Turkey Tetrazzini 12:30-Van shopping trip 1:00- Wii Bowling	<b>Van shopping this month:</b>  <b>2– Walmart– W Boylston</b> <b>9-Christmas Tree Shop</b> <b>16-Walmart– Leom</b> <b>23– Target plaza</b> <b>30-Walmart-Leominster</b>	

## **THE HAPPY TRAVELERS TRIPS LIST**

Contact: Gladys Merrow At: 508-835-4312, cell phone 508-612-5312 Or via e-mail: [glady2@verizon.net](mailto:glady2@verizon.net)

Flyers can be picked up at Shrewsbury, Sterling, or WB Senior Center

Make check payable to: Happy Travelers, Mail to: 33 Hillside Village Drive, West Boylston MA 01583

### **2016 TRIPS**

**Dec 11– Stocking Stuffer Tour & Bright Nights Christmas Lights (A few seats left on 2nd bus) \$99.00**

### **2017 TRIPS**

**Mar 17– A Mystery Tour to a New England city with 2 attractions & lunch \$89.00**  
**Apr 8– The Broadway show “ONCE” at the Palace Theater, Waterbury CT. Lunch at Curtis House \$139.00**  
**Apr 23– Daffodils at Blitewold Mansion in beautiful Bristol, CT \$99.00**  
**May 13– Albany, NY Tulip Festival \$99.00**  
**June 17– Tall Ships Parade of Sail & Boston Sail Festival \$199.00**

**We are working on a trip to Iceland next August or early September. Please let us know if you are interested.**

Tour list is subject to change. All day trip pricing includes driver & escort gratuity and cancellation waiver. A \$5.00 cancellation waiver has been added to the cost of the day trips to cover any cancellations up to 7 days prior to the trip. The refund will be minus the cancellation waiver. If you cancel after that date, the refund will only be sent if you or we can fill your seat.



## **TRANSPORTATION**

We provide transportation in our 2 senior vans.

The charge is \$1.00 roundtrip in town & \$2.00 roundtrip out of town.

There is NO charge to come to the Senior Center.

Available Monday-Friday mornings

Monday, Tuesday, Thursday, and

Friday afternoons.

Please call at least 48 hours in advance to make reservations

978-422-3032.

## **ON THE ROAD AGAIN TRIPS**

**Nov 10–** Newport Playhouse “Last of the Red Hot Lovers” Cost \$88 includes bus, driver’s gratuity, buffet lunch, show and cabaret.

**Dec—**Reagle Music Theatre- “It’s Christmas Time” \$90 includes show with lunch at the Chateau Restaurant plus bus and driver’s gratuity

Save the dates– **April 27, 2017–** Wrights Chicken Farm and Bingo for prizes. More info soon.

**September 1st-11th, 2017 -** Mt. Rushmore. Call for more information.

Contact: Mary Lajoie 978 827 4882 to book



## FYI

### NOVEMBER SHINE 2016

#### Medicare Open Enrollment

Oct 15th—Dec 7th

**Review your options every year  
to make sure you have the plan  
that works for you!**

#### Central MA Shine Website

[www.shinema.org](http://www.shinema.org)

#### Medicare Website

[www.medicare.gov](http://www.medicare.gov)

#### STERLING SENIOR CENTER

#### SHINE APPOINTMENTS

**November 2, 2016**

Call 978 422 3032

***Drop in to the Sterling Senior Center  
on Thursday Nov 3rd or Thursday  
Nov 17th from 5:30—6:30 to learn  
how to use the Medicare.gov website  
to choose a Part D prescription drug  
plan.***

#### Living Memorial Honor

Sterling COA./Senior Center

1 Park Street, Sterling, MA 01564

I am enclosing \$ \_\_\_\_\_

In honor/memory of \_\_\_\_\_

Donor's name \_\_\_\_\_

Address \_\_\_\_\_

#### MEDICAL EQUIPMENT

Do you need to borrow a walker, cane, crutches, commode or other medical equipment? The Senior Center has some equipment to loan out. We will also take equipment you are no longer using. Call us at 978-422-3032.

#### **AREA FOOD PANTRIES:**

**Wachusett Food Pantry:** 978-563-1064

(distribution Friday before 3rd Saturday of the month)

**WHEAT(Clinton):**508-370-4943

(Food pantry -Tuesday, Wednesday, Thursday from 10am-1pm)

**St. Richard's:** 978-422-8881

(Food pantry- Mondays and Thursdays 10am-1pm)

#### **Health & Wellness**

- Blood Pressure Clinic– November 3rd from 10am-12pm
- Elder Keep Well Clinic– November 17th from 12pm-2pm



This coupon is for your convenience in making a gift that will enhance senior services in our community today and tomorrow. Your support is greatly appreciated. Our sincere thanks to those who are remembering their friends and family by making contributions in their name to the Senior Center.

## ALL DAY - EVERY DAY!



Pool



Laughter



Patio

### Local Artists Featured at the Senior Center



Sterling now has a public display venue to showcase the work of local artists and photographers. First shown at the senior center Grand Opening in October, the walls of the building are decorated with a colorful variety of artistic styles on loan from five talented exhibitors.

Paintings by Denis Coughlin, Charles Gray, Rosemarie Santos MacPherson, Rosanne

Mapp, and photographer Robert Mapp will be on display through the month of November.

The Center plans to periodically present ongoing shows featuring the talent of individual artists and photographers. Artists interested in participating in the program are invited to contact the center director for more details after November.

#### Healthy Lunches

**Monday—Friday 11:30 am.**

**Please make your reservations 24 hours in advance (by 12 noon.) Your \$3.00 donation is appreciated.**

**Enjoy your meal with friends!**



**FREE COFFEE**

**Every day, all day. JOIN US!**

#### BOOKS TO SHARE

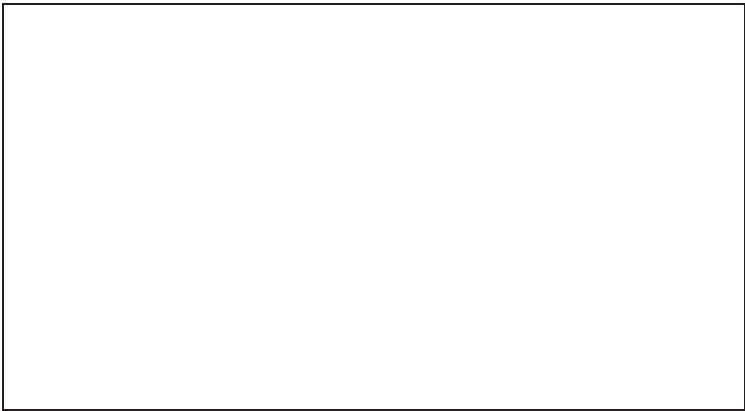
**The Senior Center has books to lend. Large print, mystery, fiction, love stories, and more! Take a book or leave a book for others to read!**

Senior perks: Rose, Kathy and Donna at Attitudes Salon in Sterling will give a 20% discount for perms if they book an appointment on Fridays and show their MySeniorCenter card. Call her at 978-422-6382 for complete details.

AD page

Sterling Council on Aging  
36 Muddy Pond Rd  
PO Box 243  
Sterling, MA 01564-0243

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Look at What's Been Happening!



Three generations at Pancake Breakfast



Sheriff's Luncheon



Potluck Dinner



Yoga



Self-defense Class

Look Inside for What is Yet to Come !!